



**Three Trees**

The Baptist Church Centre

Hedingham Grove

Chelmsley Wood

B37 7TP

0121 770 8590

[www.threetreescentre.org.uk](http://www.threetreescentre.org.uk)



*Three Trees*

## WHAT'S ON

MONDAY	Stay and Play	9.30am - 11.00am	3 Trees: 0121 770 8590
	Dog Training	7.00pm - 9.00pm	3 Trees: 0121 770 8590
	Move & Mingle <small>(seated exercise)</small>	1.15pm - 2.15pm	Age UK: 0121 705 9128
	Spring & Step <small>(dance exercise)</small>	2.15pm - 3.15pm	Age UK: 0121 705 9128
	Film Club (Fortnightly)	Evening	N/Star: 0121 788 3402
TUESDAY	Zumba	9.30am - 10.30am	3 Trees: 0121 770 8590
	Stitch & Knit	1.30pm - 3.00pm	N/Star: 0121 788 3402
	Northern Star Ukulele band	6.45pm - 7.30pm	N/Star: 0121 788 3402
	North Solihull Singers	7.45pm - 10.00pm	N/Star: 0121 788 3402
	Guitar Club (Fortnightly)	7.45pm - 10.00pm	N/Star: 0121 788 3402
WEDNESDAY	Fitsteps	10.00am - 11.00am	Rez: 0754 395656
	St Art	1.30pm - 4.00pm	There is usually a waiting list please get in touch.
	Art + Kids Club	3.15pm - 4.30pm	N/Star: 0121 788 3402
	Dramatics	6.00pm - 9.00pm	N/Star: 0121 788 3402
	Chelmsley Stone Carvers	7.30pm - 9.00pm	N/Star: 0121 788 3402

THURSDAY	SPOTTED COW pop-up community cafe	9.00am - 1.30pm	CW Baptist Church 0121 770 8590
	Stretch & tone	1.00pm - 2.00pm	3 Trees: 0121 770 8590
	Chelmsley Wood Baptist Church Communion (monthly)	8.00pm - 9.00pm	CW Baptist Church 0121 770 8590
FRIDAY	Aikido	7.30pm	3 Trees: 0121 770 8590
	Ladies Fellowship (monthly)	6.30pm - 9.00pm	CW Baptist Church 0121 770 8590
	Art Classes (with Ronnie)	11.00am - 1.00pm	3 Trees: 0121 770 8590
SATURDAY	Table top sale (every 3rd Saturday)	11.00am - 12.00pm	3 Trees: 0121 770 8590
SUNDAY	Chelmsley Wood Baptist Church	11.00am - 12.00pm	CW Baptist Church 0121 770 8590

Unless stated, these are all weekly groups. If you're coming along for the first time please check before hand, some groups have a waiting list and occasionally have a week off or go our for a trip.

## ORGANISATIONS BASED WITH US

### **Olive Branch Kitchen**

A community café open throughout the week serving good food at affordable prices. We think it's the first community café in the area for 30 years! (good chips too). **Call Janine or Richard on 07946 112 138**

### **Chelmsley Wood Baptist Church**

Have been around for a long time and run a number of activities during the week. Their main get together is on Sunday mornings at 11.00.

**www.cwbaptistchurch.com • 0121 770 8590**

### **Skills for Jobs**

Provide support for people looking for work.

**Contact Sophia on 07825 414 372**

### **Entraide**

Are Solihull's only refugee and asylum seeker support organisation. If you, or someone you know, needs help or advice, please get in touch with them.

**www.entraideuk.org.uk • 0121 788 1087**

### **Northern Star Community Arts**

Run groups, events, activities and lots of other fun stuff to bring people together.

If you're looking for something to do, or want to get involved in local cultural life, give them a call. **www.northernstararts.org.uk**

### **Healthwatch Solihull**

The watchdog for local health services. If you have a comment to make on health provision in the area, or want to contribute to improving it, let them know. **www.Healthwatchsolihull.org.uk • 0121 770 5434**

At Three Trees we like to keep things moving along and are always up for new ideas and groups. If you've got suggestions or seen a gap in the area, please talk to us. One of our aims is to make Chelmsley Wood an even better place to live, so you are invited to get involved!

We've got a few things in the pipeline, so either watch out for them, or come along and help us get them off the ground!

### **Film Club**

We'd like to expand this more!

## Arts Café

We're looking to run regular music and performance events at the Olive Branch Café. If you're interested in going along to something like that, or are a performer, let us know!

## Healthier Lives

We're working on a number of projects to help us all live healthier lives, body mind and spirit. Give us a call if you'd like to use something like this, or if you can run a group that would promote this.

## Community garden

We are working on developing the outside of the building into Community garden, with a general area, a kitchen garden, a spiritual garden and a wildlife area. A new Liche Gate has been designed by the community and we hope to start work on it soon. You can see the plans for this at website address.

## Work in progress

We're currently refurbishing the building, having completed the first phase in 2013 with the new café area and a roof that worked! Phase 2, which we are fundraising for, will refurbish the offices and community rooms, as well as give us toilets that you don't mind using!

## Three Trees

Three trees isn't a community centre. We prefer to call it a centre of the community! Whatever you're interested in, you can find something here for you. If not, then why not start it up!

Throughout the week all kinds of groups use the building and we are also home to a number of local organizations. So whatever you want, whether it's the arts, some kind of support or advice, or just some good company, drop in or get in touch.

